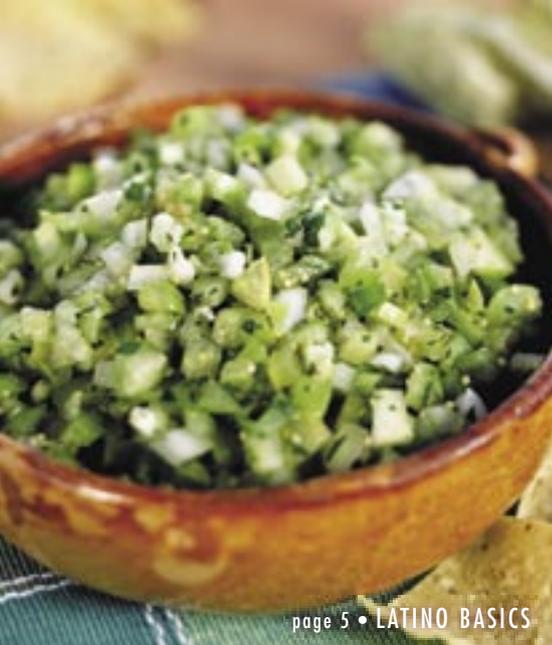




Healthy Latino Recipes
..... made with love



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The *California Latino 5 a Day Campaign* invites you to discover the zesty flavors and enticing aromas of healthy Latino cooking. This cookbook provides traditional favorites that offer a greater variety of colorful fruits and vegetables while reducing the amount of fat, cholesterol, and sodium per serving.

A diet that includes 5 to 9 servings of fruits and vegetables every day keeps you and your family healthy. Colorful fruits and vegetables provide powerful nutrients that help your body fight diseases like cancer, heart disease, stroke, and diabetes.

In addition to a healthy diet, it is important to enjoy physical activity every day. In fact, adults should do at least 30 minutes of physical activity a day like walking, bicycling, dancing, and playing in the park. Children need at least 60 minutes of daily physical activity. Simply join your family and friends in a variety of fun activities that you like to do. Being physically active can boost your energy level, help you maintain a healthy weight, and improve your overall well-being.

So live the 5 a Day way! Offer your family a variety of colorful fruits and vegetables and do physical activity with your loved ones today.



Getting your 5 to 9 a day is easy if you know what equals a serving size. Here is what you need to eat for one serving:

- 1 medium-size fruit or vegetable



- ½ cup fresh, frozen or canned* fruits or vegetables



*canned fruit packed in 100% fruit juice

- 1 cup raw leafy greens



- ¾ cup 100% fruit or vegetable juice



- ¼ cup dried fruit



The Benefits of Colorful Fruits and Vegetables

Color is proof that — besides vitamins, minerals, fiber, and flavor — your meals and snacks provide powerful phytonutrients. These colorful plant chemicals seem to help your body fight disease, and some help slow the signs of aging. Choosing different colors also helps you get the 5 to 9 daily servings of fruits and vegetables that your body needs for good health. A plant's color gives a clue to its health benefits.

Blue/Purple	Red	Dark Orange	Yellow-Orange	Yellow-Green	Green	White
<p>May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.</p> <p>Some sources: blueberries dark raisins dried plums plums purple cabbage purple grapes</p>	<p>May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.</p> <p>Some sources: beets cherries guavas red apples red onion strawberries tomatoes tomato products (spaghetti sauce, tomato juice, etc.) watermelon</p>	<p>May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.</p> <p>Some sources: apricots butternut squash cantaloupe carrots mangos sweet potatoes</p>	<p>May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy, and maintain eyesight.</p> <p>Some sources: grapefruit nectarines oranges papayas pears</p>	<p>Helps maintain eyesight and may reduce the risk of vision problems common in later life.</p> <p>Some sources: collard greens green peas kiwifruit romaine lettuce spinach</p>	<p>May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.</p> <p>Some sources: bok choy broccoli green cabbage swiss chard</p>	<p>May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.</p> <p>Some sources: garlic leeks onions scallions</p>



Seasonal Guide to Fruits and Vegetables

It's easy to stay healthy and save money when you buy fruits and vegetables that are in season.

Spring

apricots
artichokes
asparagus
avocados
grapefruit
green peas
guavas
mangos
oranges
papayas
strawberries
swiss chard



Summer

apricots
avocados
berries
butternut squash
cherries
corn
grapefruit
grapes
green beans
green peas
mangos
melons
nectarines
papayas
peaches
pears
plums
strawberries
swiss chard
yellow summer squash

Fall

brussels sprouts
chayote squash
cherimoya
grapefruit
grapes
green beans
kiwifruit
melons
pears
persimmons
pomegranates
pumpkins
sweet potatoes
swiss chard
tangerines
turnips



Winter

brussels sprouts
chayote squash
cherimoya
guavas
kiwifruit
oranges
pears
tangerines
turnips



Year-Round

apples
bananas
beets
bell peppers
broccoli
cabbage
cactus
canned fruits and vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen fruits and vegetables
100% fruit juice
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
pineapples
potatoes
radishes
spinach
tomatillos
tomatoes
100% vegetable juice
yams
zucchini





Pico de Gallo

Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips.

Ingredients

- 1 pound ripe tomatoes, chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.



Makes 6 servings. ½ cup per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 36, Carbohydrate 8 g,
Protein 1 g, Total Fat 0 g,
Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 108 mg, Dietary Fiber 2 g



Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Ingredients

- 18 medium-size tomatillos, husks removed, washed, and finely chopped (about 2 cups)
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.



Makes 4 servings. ½ cup per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 38, Carbohydrate 9 g,
Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 159 mg, Dietary Fiber 2 g





Simmered Beans

Liven up simmered beans by adding pico de gallo or finely chopped roasted bell peppers.

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

1. Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.

3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to 1 hour and 45 minutes

Nutrition information per serving

Calories 115, Carbohydrate 21 g, Protein 7 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Dietary Fiber 6 g



Refried Beans

Top with tomatillo salsa for great flavor and color.

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups simmered beans with broth

Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.
2. Stir in beans with part of the broth. Cook 1 minute.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.

4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving

Calories 205, Carbohydrate 33 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 75 mg, Dietary Fiber 9 g





Corn Tortillas

For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup pico de gallo .

Makes 6 servings. 2 tortillas per serving.

Prep time: 30 minutes

Cook time: 25 minutes

Nutrition information per serving

Calories 139, Carbohydrate 29 g, Protein 4 g,
Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg,
Dietary Fiber 4 g, Sodium 2 mg

Ingredients

- 2 cups masa harina
- 1½ cups warm water

Preparation

1. Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
2. Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
3. Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press,

flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.

4. Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
5. Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
6. Place cooked tortillas on a plate or in a basket and cover.





Warming Tortillas

Purchased or homemade tortillas can be warmed in a microwave, in an oven, or on a stovetop.

Microwave

1. Wrap as many as 12 tortillas in plastic wrap.
2. Microwave on high for 15 to 30 seconds.
3. Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly.

Oven

1. Wrap as many as 12 tortillas in aluminum foil.
2. Heat in 325°F oven for 20 minutes or until heated thoroughly.

Stovetop

1. Heat a griddle or heavy pan over medium heat.
2. Warm tortillas for 15 seconds on each side or until heated thoroughly.





Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.



Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Under a broiler, in a 450°F oven, or on a rack over a charcoal fire, place whole chilies and bell peppers. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.







Pancakes with Strawberries

Try sliced apples, pears, or nectarines in the pancakes instead of strawberries.

Makes 4 servings. 2 rolled pancakes per serving.

Prep time: 10 minutes

Cook time: 20 minutes

Nutrition information per serving

Calories 291, Carbohydrate 55 g, Protein 6 g,
Total Fat 6 g, Saturated Fat 3 g, Cholesterol 20 mg,
Sodium 490 mg,* Dietary Fiber 4 g

*Exceeds 5 a Day nutrition criteria

Ingredients

- 3 cups fresh or frozen strawberries
- ½ cup reduced sugar preserves, any flavor
- 2 cups fat free just-add-water buttermilk pancake mix
- ½ cup light sour cream or nonfat vanilla yogurt (optional)



Preparation

1. In a large saucepan, mix berries and preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. In a large bowl, combine pancake mix with water according to package directions. Add enough water to make a slightly thin batter.
3. Pour ⅓ cup batter onto hot griddle or into a large nonstick pan, allowing it to spread to about 5 or 6 inches. Cook until edges are dry. Flip over and cook until done. Repeat until all pancakes are cooked.
4. Place ¼ cup strawberry mixture in the center of each pancake. Roll up and transfer to serving plates.
5. Drizzle each pancake with remaining strawberry mixture. Top each pancake with 1 tablespoon sour cream or vanilla yogurt, if desired.





Red and Yellow Bell Pepper Omelets

Colorful red and yellow bell peppers add a healthy twist to this breakfast staple.

Makes 2 servings. 1 omelet per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving

Calories 91, Carbohydrate 9 g, Protein 8 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 2 mg,
Sodium 135 mg, Dietary Fiber 1 g

Ingredients

- 1 teaspoon olive oil
- 1 red bell pepper, seeded and thinly sliced
- 1 yellow bell pepper, seeded and thinly sliced
- 4 egg whites
- ½ teaspoon dried basil
- ¼ teaspoon ground black pepper
- nonstick cooking spray
- 2 teaspoons grated Parmesan cheese

Preparation

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.

4. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
6. Repeat with the remaining egg mixture, peppers, and cheese.





Simmered Beans with Roasted Bell Peppers

A quick and easy solution for a healthy morning meal.

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Cook time: 10 minutes

Nutrition information per serving

Calories 243, Carbohydrate 47 g, Protein 14 g,
Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 104 mg, Dietary Fiber 15 g

Ingredients

- 2 cups simmered beans, using pinto beans (see page 6)
- 1 cup finely chopped roasted green bell peppers (see page 9)
- 1 teaspoon crushed red chili peppers

Preparation

- 1. In a medium saucepan, mix all ingredients.
- 2. Cook over medium heat for 10 minutes.





Papaya Boats

*A special morning treat for you and your family.
Add a sprinkle of granola for more crunch.*

Makes 4 servings. $\frac{1}{2}$ papaya per serving.

Prep time: 10 minutes

Nutrition information per serving

Calories 180, Carbohydrate 41 g, Protein 4 g,
Total Fat 1 g, Saturated Fat 1 g, Cholesterol 5 mg,
Sodium 35 mg, Dietary Fiber 4 g

Ingredients

- 2 papayas, rinsed
- 1 (11-ounce) can mandarin oranges, drained
- 1 small banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup combination of strawberries and blueberries
- 1 cup lowfat vanilla yogurt
- 1 tablespoon honey
- 2 teaspoons chopped fresh mint (optional)

Preparation

1. Cut papayas in half lengthwise, scoop out seeds, and place each half in a medium bowl.
2. Place oranges, banana, kiwifruit, and berries in each papaya.
3. Combine yogurt, honey, and mint; mix well. Spoon over fruit before serving.





Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving

Calories 312, Carbohydrate 28 g, Protein 29 g,
Total Fat 9 g, Saturated Fat 3 g, Cholesterol 67 mg,
Sodium 476 mg, Dietary Fiber 4 g

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups pico de gallo
- 2 cups shredded romaine lettuce
- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 4 bolillos or French bread rolls, cut in half lengthwise

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup pico de gallo.
2. In a second bowl, combine lettuce, onion, cheese, and radishes.
3. Place equal amounts of chicken and lettuce mixtures inside of each roll.
4. Spoon ¼ cup pico de gallo over lettuce and close sandwich. Serve immediately.





Meatball Soup

This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

½ cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving

Calories 176, Carbohydrate 19 g, Protein 16 g,
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 82 mg,
Sodium 349 mg, Dietary Fiber 2 g

Ingredients

- 6 cups water
- ⅓ cup rice
- 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder
- 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano
- 8 ounces lean ground beef, turkey, or chicken
- 1 tomato, finely chopped
- ½ onion, peeled and finely chopped
- 1 large egg
- ½ teaspoon salt
- 2 cups fresh vegetables (carrots, celery, and broccoli)

Preparation

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 20 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender.





Cactus Salad

*This salad is fresh and festive.
Use jarred cactus if you can't find fresh.*

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Nutrition information per serving

Calories 59, Carbohydrate 11 g, Protein 2 g,
Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 29 mg, Dietary Fiber 4 g

Ingredients

- 4 cups shredded green cabbage
- 2 fresh cactus leaves, cleaned and finely chopped (about 1 cup)
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 serrano chili, seeds removed and minced
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

Preparation

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad.





Veggie Bean Wrap

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes

Cook time: 10 minutes

Nutrition information per serving

Calories 531, Carbohydrate 92 g, Protein 17 g,
Total Fat 12 g, Saturated Fat 2 g, Cholesterol 0 mg,
Sodium 329 mg, Dietary Fiber 15 g

Ingredients

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
- 2 mangos, chopped
juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 10-inch fat free flour tortillas

Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.





Corn and Green Chili Salad

This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. $\frac{3}{4}$ cup per serving.

Prep time: 10 minutes

Nutrition information per serving

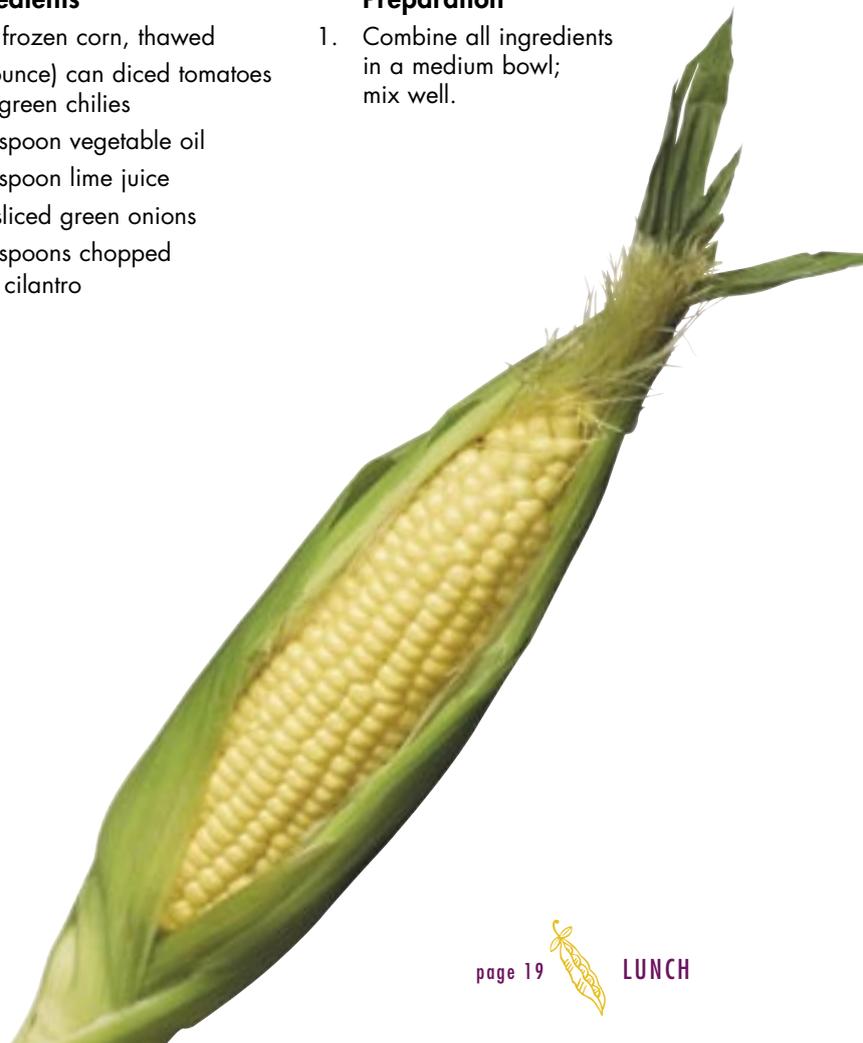
Calories 96, Carbohydrate 20 g, Protein 3 g,
Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 117 mg, Dietary Fiber 3 g

Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies
- $\frac{1}{2}$ tablespoon vegetable oil
- 1 tablespoon lime juice
- $\frac{1}{8}$ cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well.





Ceviche

This light dish is great for lunch or to start off a meal. For added flavor, garnish with chopped fresh cilantro.

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup minced red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice
- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro.

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 117, Carbohydrate 9 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 111 mg,* Sodium 188 mg, Dietary Fiber 2 g

*Exceeds 5 a Day nutrition criteria



Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth.

Makes 4 servings. *¾ cup per serving.*

Prep time: 10 minutes

Nutrition information per serving

Calories 28, Carbohydrate 7 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 8 mg, Dietary Fiber 1 g





Crispy Taquitos

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving

Calories 332, Carbohydrate 50 g, Protein 15 g,
Total Fat 10 g, Saturated Fat 4 g, Cholesterol 27 mg,
Sodium 324 mg, Dietary Fiber 7 g

Ingredients

- 2 cups pico de gallo
- ½ cup cooked, finely chopped chicken
- ½ cup no salt added canned corn or frozen corn, thawed
- ¼ cup chopped green onion
- ¼ cup chopped green bell pepper
- ½ cup shredded Cheddar cheese, Monterey Jack cheese, or queso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup pico de gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining pico de gallo.





Vegetable Quesadillas

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 quesadilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving

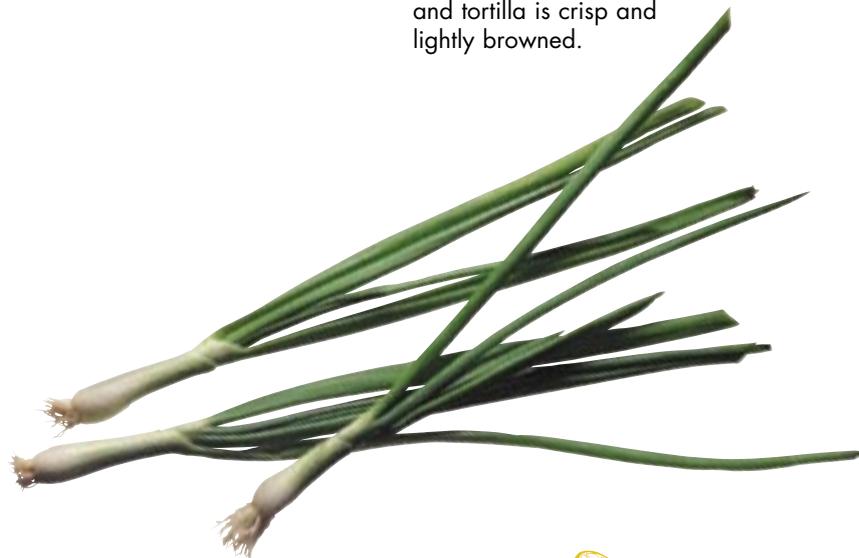
Calories 131, Carbohydrate 20 g, Protein 7 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 3 mg,
Sodium 253 mg, Dietary Fiber 2 g

Ingredients

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned.





Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack or as a great afternoon drink.

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth.

Makes 4 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving

Calories 142, Carbohydrate 36 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Dietary Fiber 4 g



Vegetable Medley with Salsa Dip

A quick, crunchy, and tasty snack you can enjoy throughout the day.

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed
- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup pico de gallo

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and pico de gallo.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Nutrition information per serving

Calories 109, Carbohydrate 22 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 2 mg, Sodium 247 mg, Dietary Fiber 7 g





Tortilla Pizzas

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving

Calories 240, Carbohydrate 42 g, Protein 10 g,
Total Fat 5 g, Saturated Fat 2 g, Cholesterol 10 mg,
Sodium 470 mg, Dietary Fiber 8 g

Ingredients

- 12 small corn or flour tortillas
- vegetable oil or margarine
- 1 (16-ounce) can refried beans
- $\frac{1}{4}$ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper
- $\frac{1}{2}$ cup (2 ounces) shredded part-skim mozzarella cheese
- $\frac{1}{2}$ cup chopped fresh cilantro (optional)



Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about $\frac{1}{3}$ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with $\frac{1}{2}$ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.



Tropical Smoothie

A variety of flavors make up this refreshing drink.

Ingredients

- ½ cup 1% lowfat milk
- ½ cup nonfat plain yogurt
- ½ cup chopped mango or pineapple
- 1 tablespoon sugar
- ¼ teaspoon vanilla or coconut extract
- 5 ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth.



Makes 1 serving. *1 ½ cups per serving.*

Prep time: 10 minutes

Nutrition information per serving

Calories 225, Carbohydrate 42 g,
Protein 11 g, Total Fat 2 g,
Saturated Fat 1 g, Cholesterol 7 mg,
Sodium 157 mg, Dietary Fiber 1 g



Strawberry Shake

For a frothy shake, use frozen strawberries.

Ingredients

- 1 ½ cups strawberries, stemmed
- 2 cups 1% lowfat milk
- 2 tablespoons sugar

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth.

Makes 2 servings.

1 ½ cups per serving.

Prep time: 10 minutes

Nutrition information per serving

Calories 184, Carbohydrate 32 g,
Protein 9 g, Total Fat 3 g, Saturated Fat 2 g,
Cholesterol 10 mg, Sodium 124 mg,
Dietary Fiber 3 g







Vegetable Chicken Enchiladas

Unlike traditional enchiladas, these are full of fresh, tasty vegetables.

Makes 4 servings. 2 enchiladas per serving.

Prep time: 10 minutes

Cook time: 35 to 40 minutes

Nutrition information per serving

Calories 308, Carbohydrate 43 g, Protein 21 g, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 41 mg, Sodium 713 mg,* Dietary Fiber 7 g

*Exceeds 5 a Day nutrition criteria

Ingredients

nonstick cooking spray

- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast
- 1½ cups red enchilada sauce
- 1 (8-ounce) can no salt added tomato sauce
- 8 (6-inch) corn tortillas
- $\frac{3}{8}$ cup shredded reduced fat Monterey Jack cheese

Preparation

- 1. Preheat oven to 375°F.
- 2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini;

cook for 5 minutes more. Stir in chicken; set aside.

- 3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup to vegetable and chicken mixture.
- 4. Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour any remaining sauce over the top.
- 5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more.





Ancho Chili and Chicken Soup

A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving

Calories 106, Carbohydrate 8 g, Protein 13 g,
Total Fat 2 g, Saturated Fat 1 g, Cholesterol 29 mg,
Sodium 93 mg, Dietary Fiber 2 g

Ingredients

- 2 dried ancho chilies, seeded and torn into pieces
- 1 cup water
- 2½ cups 33% less sodium chicken broth
- 2 stalks celery, chopped
- 1 medium onion, peeled and chopped
- 1 cup cooked, chopped chicken
- ¾ cup chopped carrots
- 1 teaspoon oregano
- ¾ cup chopped chayote squash

Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more.





Chili Verde

Serve this dish with a side salad and fruit for a complete meal.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 1 hour and 10 minutes

Nutrition information per serving

Calories 266, Carbohydrate 12 g, Protein 39 g,
Total Fat 7 g, Saturated Fat 2 g, Cholesterol 103 mg,*
Sodium 382 mg, Dietary Fiber 2 g

*Exceeds 5 a Day nutrition criteria

Ingredients

- 1 pound fresh tomatillos, husks removed, washed, and cut into quarters
- 3 Anaheim chilies, roasted, peeled, seeded, and diced
- 3 green onions, sliced
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and diced
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar
- 2 teaspoons oil
- 1½ pounds lean pork, cut into ¾-inch chunks
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt



Preparation

1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
2. Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
3. Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
4. Remove cover and cook for 10 minutes more. Stir in cilantro and salt.





Hearty Bean and Vegetable Soup

This healthy meal is sure to please your entire family.

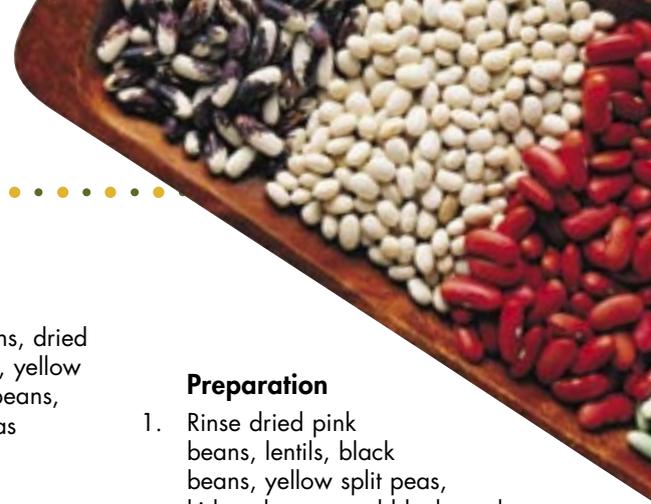
Makes 8 servings. 2 cups per serving.

Prep time: 20 minutes (excludes soaking beans)

Cook time: 3 hours

Nutrition information per serving

Calories 297, Carbohydrate 49 g, Protein 22 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 13 mg,
Sodium 334 mg, Dietary Fiber 14 g



Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried black-eyed peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.





Potato Sauté with Onions and Bell Peppers

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving

Calories 159, Carbohydrate 25 g, Protein 4 g,
Total Fat 5 g, Saturated Fat 2 g, Cholesterol 5 mg,
Sodium 215 mg, Dietary Fiber 2 g

Ingredients

- 2 cups water
- 2 large russet potatoes, cleaned and cut in half
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- ½ cup chopped green and red bell pepper
- ½ cup no salt added canned corn or frozen corn, thawed
- ½ cup chopped tomato
- ½ teaspoon oregano
- ¼ teaspoon each salt and ground black pepper
- ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese.





Chicken and Rice

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving

Calories 335, Carbohydrate 30 g, Protein 37 g,
Total Fat 6 g, Saturated Fat 2 g, Cholesterol 91 mg,
Sodium 266 mg, Dietary Fiber 2 g

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeño peppers, seeded and minced
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 (14½-ounce) can no salt added diced tomatoes, drained
- ½ cup frozen pea and carrot blend
- 1 teaspoon each ground cumin and chili powder
- ¾ cup white rice

Preparation

1. In a nonstick skillet, sauté chicken strips until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice.





Chicken and Vegetables with Mole Sauce

*A lot faster than a traditional mole
and just as good!*

Makes 6 servings. 1 drumstick and 1 thigh per serving.

Prep time: 15 minutes

Cook time: 45 to 55 minutes

Nutrition information per serving

Calories 205, Carbohydrate 8 g, Protein 29 g,
Total Fat 6 g, Saturated Fat 2 g, Cholesterol 106 mg,
Sodium 255 mg, Dietary Fiber 3 g

Ingredients

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeded and torn into pieces
- 2¼ cups canned 33% less sodium chicken broth
- 1 medium onion, peeled and chopped
- 1½ cups fresh tomatillos (about 7 medium), husks removed, washed, and diced
- 2 teaspoons ground cumin
- ¼ teaspoon salt
- 2 fresh cactus leaves, cleaned and chopped (about 1 cup)
- ½ pound fresh trimmed green beans

Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.





Mexican Rice

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. $\frac{3}{4}$ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving

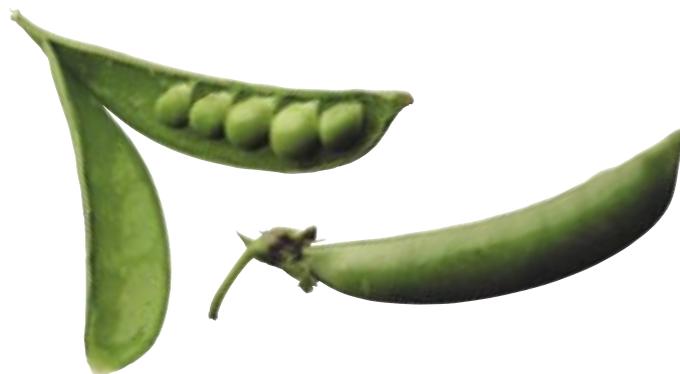
Calories 180, Carbohydrate 32 g, Protein 5 g,
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg,
Sodium 115 mg, Dietary Fiber 4 g

Ingredients

- 1 tablespoon margarine
- 1 cup chopped onion
- 1 (14½-ounce) can 33% less sodium chicken broth
- 1 cup white rice
- 1 cup chopped tomatoes
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup frozen corn, thawed
- $\frac{1}{2}$ cup frozen pea and carrot blend, thawed

Preparation

1. Heat margarine in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, $\frac{3}{4}$ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top.





Spinach Corn Casserole

Serve this vegetable dish alongside your favorite family meal.

Makes 12 servings. *½ cup per serving.*

Prep time: 10 minutes

Cook time: 20 to 30 minutes

Nutrition information per serving

Calories 105, Carbohydrate 19 g, Protein 4 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 1 mg,
Sodium 254 mg, Dietary Fiber 3 g

Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup minced white onion
- 2 (14¾-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes.





Fresh Fruit Crepes

Serve these crepes for brunch or as a light dessert.

Makes 6 servings. 1 crepe per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving

Calories 200, Carbohydrate 35 g, Protein 7 g,
Total Fat 5 g, Saturated Fat 2 g, Cholesterol 10 mg,
Sodium 200 mg, Dietary Fiber 3 g

Fruit Topping Ingredients

- ¼ cup brown sugar
- juice of 1 lime
- 2 cups sliced fresh strawberries
- ½ cup fresh blueberries

Crepe Ingredients

- 1 cup lowfat ricotta cheese
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

Preparation

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot.





Tropical Fruit Platter

A quick and easy way to get more fruits into your day.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Nutrition information per serving

Calories 125, Carbohydrate 32 g, Protein 1 g,
Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 5 mg, Dietary Fiber 4 g

Ingredients

- 1 (20-ounce) can pineapple slices, each cut in half
- 1 large papaya wedge, peeled and sliced
- 1 mango, peeled and sliced
- 2 cups strawberries, stemmed
juice of 1 lime

Preparation

- 1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
- 2. Sprinkle lime juice over fruit.





Rice Pudding

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season

Makes 12 servings. *½ cup per serving.*

Prep time: 10 minutes

Cook time: 30 minutes

Nutrition information per serving

Calories 263, Carbohydrate 54 g, Protein 5 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 17 mg,
Sodium 47 mg, Dietary Fiber 2 g

Ingredients

- nonstick cooking spray
- 2½ cups cooked white rice
- ¼ cup granulated sugar
- 2 tablespoons margarine, melted
- 1½ cups 1% lowfat milk
- 1 egg
- 1 egg white
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ cup raisins
- 5 cups fruit, such as sliced strawberries, blueberries, or chopped mangos

Preparation

1. Heat oven to 350°F. Spray a 13 x 9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit.



California Latino 5 a Day Campaign

The *California Latino 5 a Day Campaign* is a statewide public health initiative led by the California Department of Health Services and administered in part by the Public Health Institute in cooperation with the National 5 A Day Program. Its purpose is to empower Latino families to consume 5 to 9 servings of fruits and vegetables and enjoy physical activity every day to reduce the risk of chronic diseases, like cancer, heart disease, diabetes, and obesity.

Principal funding for this cookbook was provided by the USDA Food Stamp Program, an equal opportunity provider and employer, helping limited income Californians buy more nutritious foods for a healthier diet. For more information about Food Stamps, please call 1-800-952-5253.



